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Your essential daily news | WEEKEND, DECEMBER 9-11, 2016

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'JUST SAY WOW'

Halifax reacts to
Viola Desmond
on the \$10 bill
metroNEWS



Wanda Robson speaks about
her sister, Viola Desmond, in
Gatineau, Que., on Thursday.
ADRIAN WYLD/THE CANADIAN PRESS



here's the PITCH

Promoter wants
soccer team, stadium
for city, metroNEWS

A flamenco fiesta

And more to
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'She goes out there and does it'

FITNESS

Grandmother, granddaughter go for same-day black belts



Jen Taplin
For Metro | Halifax

Cracking concrete with her hand and smashing wooden boards with her feet, 72-year-old heart attack survivor Hanna Fraser is a force to be reckoned with.

The grandmother is hoping to become the fifth black belt in the family after her test on Saturday. Her 10-year-old granddaughter, Sonja Smith, will also be testing that day — for a second degree black belt.

"I feel really proud that my grandma is actually able to get out there and do things despite that she might not be as flexible as the rest of us," Smith said Thursday.

"She goes out there and does it."

It's a test that would likely give most people nightmares. Just the fitness portion requires 100 pushups, 100 situps, 100 jumping jacks, 100 squats and a knees-up run — all in eight minutes. There's also sparring, breaking 13 boards with the feet, breaking concrete by hand, defending against a knife attack, and more.

Is Fraser nervous? Nope. "You have to do the best you can. I'm OK with it," she said.

Her taekwondo journey started around four years ago. Recovering from a heart attack, Fraser



Three generations of taekwondo practitioners, from left, Hanna Fraser, Adele Fraser and 10-year-old Sonja Smith. JEFF HARPER/METRO



I don't think about it anymore except to make a joke like 'oh yeah, heart attacks are my specialty. I just do everything.

Hanna Fraser

spoke with master instructor Woo Yong Jung and he suggested tailoring a program for her.

"I lost, not long ago, my mother to a heart attack," Jung said. "Since I know (Fraser) was not a critical case, a minor case, she could do some small amount of exercise to help her bounce back."

In June 2012, Fraser started out slow and it took about six months of building her fitness level before getting into the taekwondo specifics.

"She did what we did, just at a slower pace," explained her daughter Adele Fraser, who is also an instructor at Woo Yong's Taekwondo.

For many years before taking up taekwondo Fraser was active, mostly with yoga. Even still, learning was slow at first and she lost her balance and fell occasionally. Adele said her mother has showed amazing progress — all leading up to the black belt exam Saturday.

With her eye on a new belt, Fraser doesn't worry much about her health any more.

"My health I think is fine. I don't think about it anymore except to make a joke like 'Oh yeah, heart attacks are my specialty,'" she said.

"I just do everything."



Adele Fraser, left, holds a board for her mother Hanna Fraser to break. JEFF HARPER/METRO

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HOCKEY

Mooseheads make Memorial Cup bid

The Halifax Mooseheads want to host the Memorial Cup in 2019.

The team announced its bid to host the 101st Memorial Cup in a news release on Thursday. The winning bid will be announced in spring 2018.

The 2019 tournament would coincide with the Mooseheads' 25th season, and would be 20 seasons since they last hosted.

The Herd last hosted the tournament for the top prize in the Canadian Hockey League in 2000

"when the hometown team electrified the city of Halifax and garnered national attention for the franchise."

"The fans were possibly the biggest story of the event in the spring of 2000 as 79,877 packed the Scotiabank Centre (then Metro Centre) for the eight-day tournament which at the time was the second highest total in the history of the Memorial Cup," the release says.

Halifax won its first and only Memorial Cup in 2013 when future NHLer Nathan MacKinnon scored a hat trick, leading the Herd to a 6-4 win over the Portland Winterhawks in Saskatoon.

The Cup was originally dedicated to the Ontario Hockey Association in memory of the soldiers who lost their lives in the First World War. It was rededicated in 2010 to honour all Canadian veterans.

ZANE WOODFORD/METRO



Jonathan Drouin holds the Memorial Cup.

THE CANADIAN PRESS FILE

DISABILITIES

Have your say on accessibility laws

Federal representatives will be in Halifax on Friday for a public session on planned accessibility legislation, one of a series on consultations being held across the country.

The session takes place at the Canadian Museum of Immigration at Pier 21 from 3 p.m. to 6:30 p.m.

"Many Canadians continue to face barriers that affect their ability to participate in daily activities that most people take

for granted," notes the federal Employment and Social Development website.

These could include:

- Physical and architectural barriers
- Attitudes, beliefs and misconceptions that some people may have about people with disabilities
- Outdated policies and practices that do not take into account the varying disabilities people may have. METRO

Stadium, soccer team in the works

SPORTS

Promoter has big plans for Wanderers Grounds



Zane Woodford
Metro | Halifax

A Halifax sports promoter has a big idea for a small stadium — and a tenant to fill it.

Derek Martin, president of Sports & Entertainment Atlantic, said Thursday he was in talks this week with the people behind a proposed professional Canadian soccer league, the Canadian Premier League.

"It's not officially launched yet, they're just kind of doing their due diligence, and doing what they need to do to look at what cities might be in the mix and those that might not," Martin said. "But I think Halifax is very appealing. For a league that aspires to be a national league, having teams from coast to coast is a very appealing thing."

But to host a team, Halifax would need a stadium. And Martin has a plan.

"With everything that's going on in our downtown core ... the missing piece is that outdoor sports and entertainment complex that we just don't have," he said.

"Wanderers Grounds to me is the perfect location in that it's in the heart of downtown."



The Wanderers Grounds in Halifax could be home to a new soccer stadium. JEFF HARPER/METRO

Martin said SEA has a "pretty practical plan" looking at a "modular-type" temporary stadium with capacity for fewer than 10,000 people for the site — located between the Public Gardens and Citadel Hill.

"We've kind of found a creative way to come up with a venue, and to do something on a small scale that at least lets us test it out and try it and have some success," he said.

The problem with previous attempts at bringing stadiums to Halifax, Martin said, is that they didn't have a tenant lined up.

And they were too big. "We sell tickets for a living, and it's a bit of a pipe dream to think that Halifax, as a popula-

tion of 400,000 people, could sustain a 25,000-seat stadium 10 times a year for the CFL," he said.

"There's no business plan for that, which is why it's never happened."

Martin describes his approach as "reasonable and responsible," and says it doesn't disqualify something bigger in the future.

The Canadian Premier League is still in very early stages, but the name was trademarked in Hamilton this September. CBC in Hamilton reported earlier this year that the league would bring a team to that city by 2018.

In Halifax, an unofficial Halifax Wanderers soccer club support group has popped up in the form of a Twitter account.

Whether the team name would match its proposed venue is unknown; the Twitter account refers to it as a placeholder.

+ PLAN

No formal request

A municipal spokesperson said Halifax has "had discussions with SEA with respect to possibilities for hosting major events, and addressed their questions in relation to facility features and capacities," but hasn't received any formal request to build on the Wanderers Grounds.

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'Donair Decks' take on Halifax



Halifax photographer Riley Smith holds CUZ Brand's Donair Deck, which incorporates his shot of the saucy staple. JEFF HARPER/METRO

CREATIVE PRODUCTS

Skate company builds boards to satisfy local appetites



Donairs are the official food of Halifax, and now you might see skateboarders around town riding them.

A Halifax skateboard company, CUZ Brand, founded by Logan Mulhearn and John Sparks, recently created the first-ever donair deck, which is already a hit, fresh off its release.

The company commissioned local photographer Riley Smith to shoot the saucy Halifax staple.

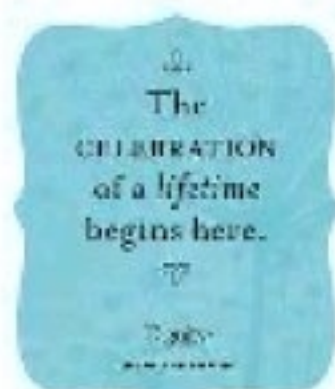
Smith used a King of Donair donair and tomatoes to spell to word CUZ, which he shot in his studio.

The boards hit town this week in time for Thursday, which was National Donair Day.

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Info Session Tuesday, Dec. 13th at 2pm. Call to RSVP

POLICE

Man charged following alleged sexual assault in Dartmouth

Police have charged a Fall River man following an alleged sexual assault in north-end Dartmouth.

In a media release, Halifax Regional Police said at about 5:15 a.m. Wednesday a woman in her 20s called 911 stating she was being sexually assaulted by a man.

Officers arrived on the scene and arrested the man. Through the course of the

investigation, police said they determined the woman met the man shortly before the incident.

After meeting, police say they went to a local coffee shop and then to a nearby residence where the sexual assault took place.

The suspect appeared in Dartmouth provincial court Thursday.

METRO

+ SUSPECT

Fall River resident Pablo Moises Alas, 28, faces charges of aggravated sexual assault, uttering threats to cause death or grievous bodily harm and overcoming resistance (choking).

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5 THINGS TO DO IN THE CITY THIS WEEKEND

From dancing the flamenco to parading with your pooch, there's lots of festive fun to be had. Head out with the family this weekend and take in all the sounds and sights of the holiday season. **YVETTE D'ENTREMONT METRO**

1 Pet Parade with Santa Claus

Dress your pet for a festive stroll down Quinpool Road with Santa on Saturday. The event begins at the Halifax Veterinary Hospital and runs from 1 to 2 p.m. The parade is followed by pet photos with Santa at the vet hospital from 2 to 4 p.m. with proceeds going to the local SPCA.

2 Celtic Christmas Show

This spirited theatrical production is based on the Irish tradition of the youngest child in the house lighting a candle in the window on Christmas Eve to symbolize a welcome to night travellers. Saturday's show features a cast of top Maritime musicians, singers and dancers. Tickets for the 7 p.m. performance at the Spatz Theatre are available via the theatre's website. \$30 for adults, \$20 for children 12 and under.



3 Flamenco Fiesta

Coiling wrists, twirling skirts, stomping feet and passionate Flamenco music are on tap for this annual event taking place Saturday at the Seahorse Tavern. It includes Spanish tapas, wine cash bar and a silent auction of unique local items. Doors open at 6 p.m. The show runs from 7 to 9 p.m. Tickets for the 19-plus event are \$14 each and available at mariaosende.com/december-fiesta.



4 Christmas at Sea Family Day

Enjoy festive snacks and some quality family crafting by making pre-20th century-inspired Maritime ornaments. Designed to call upon a time when Christmas tree ornaments were a pretty new idea, the Maritime Museum of the Atlantic is offering the event on Saturday from 10 a.m. to noon and from 1-3 p.m. Cost is admission to the museum.



5 The Sounds of Christmas

Musical performances include a hand bell choir, a harp player, Shawn Downey & United for Christ and John Gracie. This family-friendly annual fundraiser for the Black Cultural Centre for Nova Scotia happens Saturday at 6:30 p.m. It includes refreshments, a light buffet, and a special presentation about Kwanzaa. Tickets are \$25 each and are available via the centre's website or by calling 902-434-6223.

THINK BEFORE YOU PARK

When and where you park during the winter can have a big impact on clearing.

The municipality is stepping up winter parking enforcement in areas around hospitals and schools, bus routes and problem streets for emergency vehicles and clearing equipment. Plan ahead. Walk, carpool, take the bus or make arrangements for off-street parking when the overnight parking ban is in effect or there is bad weather in the forecast.

Learn more at:

halifax.ca/snow

HALIFAX



Hannah Mae Cruddas, 23, performs a scene on stage in the iconic ballet at the Rebecca Cohn last year. JEFF HARPER/METRO

Growing up with the Nutcracker

DANCE

Dartmouth ballerina talks performing leading role



Haley Ryan
Metro | Halifax

Although Hannah Mae Cruddas knows many dancers wince at the first strains of The Nutcracker, she's never tired of stepping on stage in the iconic ballet.

Cruddas, 23, grew up in Dartmouth and has been in the popular Halifax version of The Nutcracker with Symphony Nova Scotia since she was just 10 years old in multiple roles.

Dancing the lead role of Clara for her third year in Halifax, Cruddas is coming home with colleagues from Canada's Ballet Jörgen in Toronto, where she's performed for the past six years.

"I get to do what I always dreamt of doing as a kid," Cruddas said this week.

While other ballerinas hear the Tchaikovsky music and "cringe or plug their ears and start humming something different," for Cruddas the music is so beautiful she still enjoys it every year.

"Because I was a lover of dance before I was dancer, I went to these shows when I was a kid. I always loved watching them and listening to (the symphony), so I don't get tired of it," Cruddas said.

The key that keeps people coming back year after year

might be that The Nutcracker is one of the few stories that doesn't have a terrible villain, Cruddas said. The Mouse Queen may start out bad, but her character changes and shows "she's misunderstood and sad."

"It's a heartwarming, joyful, sweet story. There isn't anything too dark about it which is lovely, and I think people crave that, especially right now with so many dark things happening in real life. It's kind of an escape," Cruddas said.

Being able to come back and share her love of dance with young people, maybe even inspiring them to pursue it as a career, is her favourite part of the job, Cruddas said.

That, and actually being able to do the "crazy lifts" and pas de deux she marvelled over as a child, she said with a laugh.

Running from Friday through Dec. 18 at the Rebecca Cohn Auditorium, the annual production has Ballet Jörgen dancers splitting the lead roles of Clara and the Nutcracker Prince for the first time.

Adrián Ramírez Juárez and Ayva Rossouw-Holland perform from Friday through Sunday, then Cruddas Mae and Junior Gaspar Caballero dance from Dec. 15 to 18.

+ TICKETS

Tickets are \$15-30 for students and children, and \$30-55 for adults. Call 902.494.3820 or 1.800.874.1669, or buy online at symphonynovascotia.ca.

GOVERNMENT

Cape Breton flood damage could surpass \$15M: Minister

The Nova Scotia government says the cost of the Thanksgiving Day floods in Cape Breton will be as much as \$15 million.

Zach Churchill, minister responsible for the Emergency Management Office, said that total could run higher because the province is still waiting for more insurance information and final approval from the federal government.

Churchill said the province has also begun meeting with the 18 Sydney-area homeowners who were most affected by the flooding.

He said they will be given compensation to repair the damage, or the assessed market value if they choose to move.

Churchill said if a purchase figure can't be arrived at, the homeowners will be offered a second appraisal.

The province says to date it has received about 670 claims under its Disaster Financial Assistance program.

THE CANADIAN PRESS

18

The number of Sydney-area homeowners most affected by the flooding.

CRIME

Man faces charges in decade-old homicide

A 49-year-old man has been charged in the murder of a Nova Scotia man 10 years ago.

Police arrested Raymond Glenn Farrow of Glace Bay Wednesday. He is charged with first-degree murder in the death of Harold Slaunwhite who was found dead in his Dominion home by a relative on Sept. 10, 2006. THE CANADIAN PRESS

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Kijiji sale for Halifax Harbour ferry

TRANSPORTATION

Vessel has starting price of \$150,000

A charming blue-and-white ferry that long offered commuters the scenic route to work across Halifax Harbour will go to the highest bidder.

"So many people have enjoyed their peaceful, calm

trip between Halifax and Dartmouth on this ferry," city spokeswoman Tiffany Chase said of the Dartmouth III, which was decommissioned in July.

"It's quite likely that this vessel transported tens of thousands passengers, if not more, over its life cycle, but its life cycle has come to an end."

The 38-year-old ferry is to be sold through auction, with a \$150,000 starting price.

The double-ended diesel ferry was posted on Kijiji by Gov Deals — which sells surplus and confiscated items for government agencies — and garnered more than 12,500 views by Thursday.

The Dartmouth III has two levels, with indoor and outdoor seating for up to 390 people and an elevated wheelhouse.

It is part of an historic ferry service that dates back to the mid-1700s. Before the construc-

tion of the Macdonald Bridge in 1955, the ferry was the only efficient way to travel between downtown Halifax and Dartmouth.

Halifax is one of two cities in Canada that operate a ferry service as part of public transportation, said Chase. Passengers taking the two-kilometre, seven-minute hop across the harbour enjoy spectacular views of the city's downtown skyline. THE CANADIAN PRESS



The retired Dartmouth III ferry, pictured here crossing the harbour in 2013, is up for sale. JEFF HARPER/METRO

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SOCIAL MEDIA

One arrested after threats to school



Philip Croucher
Metro | Halifax

There was an extra police presence at Millwood High School on Thursday after a threat was allegedly made on social media towards staff and students of the school.

RCMP spokesman Cpl. Dal Hutchinson confirmed to Metro they had arrested someone at 10:30 p.m. Wednesday after responding to a complaint of "threats made towards the school" on social media.

"I can't get into the nature of threats," Hutchinson said, adding the situation was "pretty sensitive."

Police didn't give the gender of the person arrested and there was no word on

charges.

Halifax Regional School Board spokesman Doug Hadley confirmed to Metro that the principal of Millwood High School sent a message to parents Thursday morning to make them aware of the situation.

Hadley said they were told the arrest had taken place over some type of threat on social media.

A parent of a Millwood High School student who received the principal's message said they were told the threat pertained to "staff/students at the school."

No other details were provided to them, Hadley added. He did note there was an extra police presence at the school Thursday, but the school opened normally.

IN BRIEF

Police investigate fatal Nova Scotia house fire, dog rescued from blaze

A Nova Scotia resident has died in a house fire, but crews saved a dog from the flames.

Just after 12 a.m. Thursday, Cumberland District RCMP responded to a house fire in Collingwood on Wyvern Road.

When police and fire departments from Collingwood, Oxford and Springhill arrived on scene, the house was engulfed in flames, according to a RCMP release.

Efforts to find the 65-year-old man living in the home were unsuccessful, but a Rottweiler dog was rescued from the burning building.

Later in the day Thursday, the provincial Fire Marshall requested that the RCMP cadaver dog attend the scene. After searching the debris, the dog and handler

found human remains.

The Nova Scotia Medical Examiner's Office is working to determine the cause of death, and identify the remains.

The investigation is ongoing. METRO

Dartmouth man facing charges after police find crack, pills and weed

Police say a Dartmouth man is facing drug charges after a search on Wednesday.

A news release from Halifax Regional Police says they found "a quantity" of crack cocaine, unnamed pills, marijuana and cash during a search on Elmwood Drive at about 1:30 p.m.

Police arrested a 55-year-old man without incident. They say he was released, and will appear in court in the New Year to face a charge of possession for the purpose of trafficking.

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EMERGENCY SERVICES

Province close to deal for helicopters

Nova Scotia's emergency LifeFlight service could resume hospital helipad landings within six months, as the province nears a deal to obtain two newer model helicopters, Health Minister Leo Glavine says.

Glavine said Thursday his department is close to a deal to obtain two Sikorsky S-76 C+ helicopters to transport critically ill patients.

He said negotiations would amend the existing contract with the current LifeFlight provider — Canadian Helicopters Ltd. — to provide the newer, larger helicopters.

They will be able to land on helipads at the IWK Children's Hospital and the Infirmary hospital site in Halifax.

Glavine said the cost would be released when the deal is formally announced early next month. The current lease for the helicopter service costs \$3.6 million.

"We will have a long-term lease arrangement," he said.

Glavine said once details are worked out, the goal is to have the helicopters in service as quickly as possible.

The current LifeFlight helicopter was banned from rooftop hospital landings under federal regulations in April. At the time, Transport Canada said the Sikorsky S-76A didn't have the certification level required to land on hospital helipads in densely populated areas.

An interim plan requires the existing helicopter to land at an alternate site near Point Pleasant Park.

THE CANADIAN PRESS



We will have a long-term lease arrangement.
Minister Leo Glavine

FIRST NATIONS

Lawyer in Alton Gas appeal removed

The Nova Scotia Crown lawyer behind a controversial legal brief implying members of a First Nation band are a conquered people has been taken off the case.

The province's acting attorney general, Michel Samson, said Thursday that Alex Cameron has been removed from the Alton Gas appeal case, and replaced by Ed Gores.

"He (Gores) has been assigned to this specific file, the appeal that was launched on the minister of the environment's decision," said Samson.

He wouldn't say whether any

other action had been taken against Cameron, or whether he would be allowed to work on other files involving aboriginal issues.

The Indian Brook band appealed the natural gas storage project last month, saying the province had a duty to consult.

The government brief said the Crown's obligation to consult extended only to "unconquered people," and that the band's submission to the Crown in 1760 negated its claim of sovereignty and negated the government's constitutional duty to consult.

THE CANADIAN PRESS



TORSTAR NEWS SERVICE FILE

Military being sued for discrimination

COURTS

Alida Satalic says she left after years of harassment

A former Canadian Forces member who says a series of aggressive investigations into her sexual orientation hounded her out of the military in the late 1980s is leading a class action lawsuit against Ottawa.

Alida Satalic's lawsuit, submitted on Tuesday, spans the years 1969 to 1995 and applies

to anyone who served in Atlantic Canada.

Lawyer John McKiggan says in the statement of claim, which has not been proven in court, that between the 1950s and 1990s the Canadian government engaged in a campaign to identify, harass and purge lesbians and gays from the Armed Forces.

It says she was repeatedly interrogated by investigation units on the pretext of security screenings, and was asked about her sexual relationships in detail.

The claim says she dropped out of the military as a corporal in 1989 after learning



Alida simply wanted to serve her country.

John McKiggan

she had no career prospects, re-enrolled in 1993 and then left again years later.

The statement of claim says Satalic's career, earnings and pension all suffered.

"Alida simply wanted to serve her country ... She liked her job and she wanted to go back to serving her country. So when the policy of discrimina-

tion was changed she returned to a job she enjoyed," he said.

An email from a Canadian Armed Forces official said DND is aware of the lawsuit and is reviewing the details to determine its next steps.

The lawsuit is claiming \$100 million for the federal government's breach of duty of care, fiduciary duty and violation of charter rights, plus a further \$50 million in punitive damages.

McKiggan said he has asked for a hearing before the Federal Court in the new year to set deadlines for the next steps in the proceeding.

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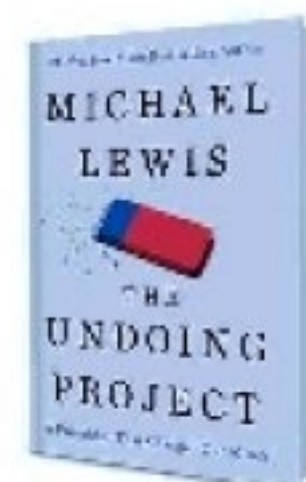
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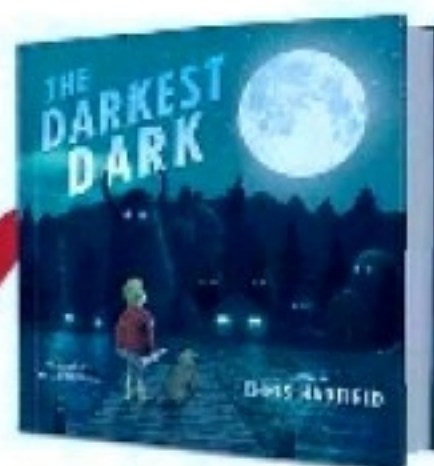


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'I've been waiting for this'

BANKNOTE

Honour for Viola Desmond bringing pride to Nova Scotia

Jen Taplin
For Metro | Halifax

A wave of joy and pride rolled over the province Thursday when it was announced Viola Desmond, the Nova Scotian civil rights icon, would be the first Canadian woman to appear on currency.

Metro spoke to some community leaders for their reaction.

Afua Cooper, Dalhousie University professor who created the black studies program

Cooper could hardly put into words her excitement over the news. She said it was a happy boost especially for the black community in Halifax which is dealing with several difficult issues right now.

"I was rooting for her leading up to this. My reaction was woo-hoo!"

"It's a recognition of her work, of Viola Desmond's work as a civil rights activist. It's a recognition of the wrong done to her so many, many years ago — 70 years ago. It's an acknowledgment that a wrong was done and we are honouring her."

"It's just wonderful for Nova Scotia, it's wonderful for the African Nova Scotian community, it's wonderful for all of Canada to have a black woman on the Can-



Students from Dartmouth High School pose in front of a mural of Viola Desmond in this 2014 file photo. JEFF HARPER/METRO

adian \$10 note. It made my day."

Craig Smith, president of the Black Cultural Society

Smith said he was overjoyed an African Nova Scotian would be on the \$10 bill. It's a moment to be proud of and celebrate, he said.

"It's definitely a time to stop and just say wow, an African Nova Scotian female is going to grace our currency in this coun-

“ Viola Desmond deserves this recognition as the Canadian hero she is. Premier Stephen McNeil in a statement

try. I don't think I ever would have thought that in my lifetime it would have happened. I'm just extremely happy to have lived to see it happen."

"I grew up in Halifax in the same community where Viola Desmond was born, her mom

and my grandmother were best friends. Not only does it resonate with me as an African Nova Scotian, but also family-wise as well."

"I think she probably would have been humbled... we know as a result of the stance she took she actually left Nova Scotia and

Halifax because of all the notoriety that came around the stance she had taken... I hope in this day and age she would have recognized how important she is to the country and to the province."

Mayor Mike Savage

Savage said it's great news for everyone and naming Desmond was the perfect choice.

"I've been waiting for this for quite some time and hoping

she'd be the choice."


"There are a lot of people who could be the first (Canadian) woman on currency, but I think what she stands for is something we can all take pride in."

"Sometimes really good things come out of bad events and this is obviously an occasion that doesn't bring pride, but the result does. I think it's a wonderful choice and I'm very excited about it."

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Black activist would have been honoured: Sister

TRIBUTE

Trailblazer's 'life's mission' was to mentor other women

It had been some time since Viola Desmond last visited the cinema.

The hairdresser and entrepreneur opted to sit close to the front of the theatre; her poor eyesight made it difficult to see from the balcony, the section where black people were expected to sit in those days.

"She wanted to see a movie," Wanda Robson, 89, said Thursday as she recalled the historic day in 1946 when her older sister chose to defy the rules and sit in the Nova Scotia theatre's "whites-only" section.

Given all that followed, Robson said, Desmond would have been honoured to see herself on the \$10 bill — a tribute that will make its debut in 2018 when she becomes the first Canadian woman to be celebrated on the face of her country's currency.

"Viola Desmond's own story reminds all of us that big change can start with a moment of dignity and bravery," Finance Min-

+ CHANGES

Other bill shake-ups:

Sir John A. Macdonald will move from the \$10 to a higher denomination, as will Sir Wilfrid Laurier, who is currently on the \$5. Sir Robert Borden and William Lyon Mackenzie King will be dropped from the \$100 and the \$50.



Minister of Finance Bill Morneau puts his hand on the shoulder of Wanda Robson, sister of Viola Desmond, as it is announced Desmond will be featured on Canadian currency during a ceremony in Gatineau, Que on Dec. 8, 2016. ADRIAN WYLD/THE CANADIAN PRESS

ister Bill Morneau said as he unveiled the choice during a news conference in Gatineau, Que.

"She represents courage, strength and determination — qualities we should all aspire to every day."

Desmond is often described as the Canadian version of Rosa Parks, although her act of defiance and subsequent arrest took place much earlier and in a much more spontaneous way than the historic 1955 events of Montgomery, Ala.

She had found herself with some rare time off from her business running a barbershop and hairdressing salon with her husband, and decided to catch

“ She represents courage, strength and determination.

Finance Minister Bill Morneau

a movie at what turned out to be a racially segregated theatre in New Glasgow, N.S.

"She said, 'I stretched out and I was just getting comfortable, and I thought, 'Oh, this is nice, and I won't worry about anything,'" and then this usher came up and told her she couldn't sit there," Robson said in an interview.

Desmond was arrested and fined. Her decision to fight the charges in court inspired later

generations of black people in Nova Scotia and the rest of Canada. The Nova Scotia government granted her a posthumous pardon in 2010.

Isaac Saney, a senior instructor of black studies at Dalhousie University in Halifax, hopes Canadians will come to learn that their country's history includes troubling chapters about colonialism, slavery and institutionalized racism.

"It's a very positive thing in

terms of honouring someone who was a trailblazer, and until recently was forgotten within the Canadian struggle for human rights," Saney said of the decision to honour Desmond.

Unlike Parks, who was part of a well-organized protest movement seeking its day in court, Desmond's act was a singular act of courage, he added.

Civil rights activists pressed Desmond to take up their cause, but she preferred instead to make it her "life's mission" to be a hairdresser and mentor to other black women who were often turned away from other salons, Robson said.

THE CANADIAN PRESS

CIVIL RIGHTS

Her story was often forgotten

Viola Desmond's pioneering contribution to the civil rights struggle in Canada went largely unrecognized for decades.

In November 1946, the black businesswoman refused to leave her seat in the whites-only section of a segregated movie theatre in New Glasgow, N.S., and police were called in.

She was forcibly removed from the Roseland Theatre, spent the night in jail and was eventually convicted of defrauding the province of a penny, which was the difference in price between the main seating area and the balcony, where black people were supposed to sit.

Desmond later rallied the black community in Halifax as she launched an appeal of her conviction.

However, the Nova Scotia Supreme Court dismissed her application for judicial review in 1947. Desmond eventually left Nova Scotia and later died in New York City in 1965 at the age of 50.

Her story received little attention until recent years.

In April 2010, the Nova Scotia government apologized to Desmond and her family, 63 years after that fateful day in New Glasgow.

Mayann Francis, the province's first black lieutenant-governor, granted a special pardon to Desmond in what the government said was the first time in Canada such a form of clemency had been posthumously awarded.

Darrell Dexter, the premier at the time, said the "offensive and intolerable" incident of racism affected all black Nova Scotians.

In February 2012, Canada Post produced a stamp to honour Desmond, and earlier this year the City of Halifax announced that its newest harbour ferry would be named after her.

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ELECTIONS

History shows Grits' cold feet may indicate real motives

If you think Prime Minister Justin Trudeau will keep his repeated promise to change the voting system before the next election, consider this: Ottawa has flirted with reform for almost a century. At least eight reports on the way we vote federally have been produced since 1921, each recommending some form of change.

And yet, the more things change, the more they stay the same.

Some Canadian jurisdictions have managed to toss out the voting system we inherited from Britain, where the person who receives the most votes in each riding gets elected. Aside from a smattering of municipalities that have experimented over the years, Manitoba and Alberta had alternatives to this First-Past-the-Post (FPTP) system from the 1920s to the 1950s. So did B.C. for elections in 1952 and 1953.



Minister of Democratic Institutions Maryam Monsef stands in the House of Commons during question period on Parliament Hill on Monday. FRED CHARTRAND/THE CANADIAN PRESS

It's a little-known history that political scientists and advocates for reform say is worth dredging, given the current brouhaha over electoral change in the capital.

"I think it's a fascinating story, very instructive," said Dennis Pilon, a York University profes-

sor who studies the history and politics of electoral reform. His big takeaway: "It's not about principle; it's not about values — it's about power."

In 1919, roughly 30,000 people joined the Winnipeg General Strike, a mass show of dissatisfac-

tion. His view is that Manitoba's Liberal government moved to change the electoral system in 1920 to prevent the labour movement from taking power.

Harold Jansen, a University of Lethbridge political scientist, believes the Liberal government

wasn't being so nakedly self-interested, yet recognized they were "trying to placate" the United Farmers of Manitoba.

A few years later, in 1926, Alberta adopted the same system. Jansen said the logic was the same: the party in power—in this case, the United Farmers of Alberta — wanted a system to weaken the electoral prospects of their opponents.

Then there was B.C. in 1952. The provincial government at the time was a Liberal-Conservative coalition, fearful of the possibility of a victorious Cooperative Commonwealth Federation (CCF), which later became the NDP.

As Jansen explained, the B.C. coalition decided to change the electoral system to prevent the CCF from taking power.

Kelly Carmichael, executive director of Fair Vote Canada, an organization that has been pushing reform for more than a decade, said the lesson is obvious: Party politics is a major factor.

"It's about winning, this whole campaign and changing the electoral system," Carmichael said. "It's partisan interest against democracy, and it's unfortunate."

TORSTAR NEWS SERVICE

INTERNATIONAL RELATIONS Biden urges Trudeau to be a stalwart in new world

U.S. Vice-President Joe Biden called on Prime Minister Justin Trudeau to be a defender of the international "rules of the road" to help shepherd the world through a period of deep uncertainty. Biden delivered that message in a stirring speech at a state dinner in his honour in Ottawa on Thursday night.

Biden didn't mention Donald Trump by name but made veiled references to the uncertainty gripping Europe and the United States since Britain's decision to leave the European Union and the recent presidential election in his own country. Biden said the world would make enormous progress — but only if leaders such as Trudeau and German Chancellor Angela Merkel stepped up.

"The changes that are going to take place are going to be astronomical," Biden said. "The progress is going to be made but it's going to take men like you Mr. prime minister, who understand it has to fit within the context of a liberal economic order, a liberal international order, where there's basic rules of the road." THE CANADIAN PRESS

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CALGARY

Seven penguins drown at zoo

Elizabeth
Cameron
For Metro | Calgary

Seven Humboldt penguins have died at the Calgary Zoo.

The deaths have been determined to be a result of drowning, and a full investigation has been launched.

"These birds were in the water as per normal. It's hard for us to know what caused this to happen," said Jamie Dorgan, director of animal care at the Calgary Zoo.

On Wednesday night, the birds were all accounted for, and staff noticed nothing awry.

A keeper showed up early on Thursday morning to feed the flock of 22 in their back holding area, and noticed there were several birds missing.

Upon investigation, the keeper made the grisly discovery in the holding area's pool.

"It's pretty hard on our keeper staff; these animals are like family to us," Dorgan said.

The penguins will not be allowed in the pool overnight until

further notice.

"It feels like some kind of stress or panic-related event within the group caused them to have an overwhelming reaction and all go in the pool, possibly causing some birds to inhale water," said Dorgan.

He said that's the zoo's best guess, based on the known behaviour of penguins — but nothing has been confirmed.

"It's nothing we would have ever expected — we're going to do our best to figure out what happened," Dorgan said.

2016

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Onus is on police to earn trust

Rosemary Westwood relocates from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.



Something seemed to have snapped.

By the time Louisiana Sheriff Newell Normand got behind the podium this week to announce manslaughter charges in the high-profile shooting death of football player Joe McKnight (formerly NFL, recently CFL), it appeared as if years of Black Lives Matter activism, the ensuing scrutiny of police and attacks against police, and the swampy tone of internet debate had combined to tip him over the edge.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter three days after police let him go — even though Gasser had admitted to shooting McKnight, a black man, to death, in a road rage incident just outside New Orleans. But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation, existential dismay at the state of his community,

and a plea to respect police and the justice process in Louisiana.

It was unusually instructive, too, on a far deeper level than who was charged with what, both for what Sheriff Normand said, and what he did not say. For a 44-minute microcosm of the colliding issues around race, the Internet and policing in this America, you couldn't do much better.

At times, Normand's fist pounded the podium, and he berated national and local crit-

"black-on-black" crime, not road rage. He said Louisiana's "stand your ground" laws, which permit lethal self-defence, made the case tricky, and was incredulous that black-rights activists like the NAACP were not content to trust his officers to do their job in investigating McKnight's death.

"It's not even really anymore about this case. It's about all the other cases that are yet to come," Normand said, getting

ly the kind of ingrained racism that breeds disproportionate fear and hatred and requires no explicit slurs in order to raise the risk of violence.

"We better reflect and look at ourselves in the mirror and decide: What are we going to be about in our community? Are we going to continue to tear ourselves apart?" he asked, apparently unable to see that policing in Louisiana isn't exactly a model of community outreach.

This state has the highest incarceration rate in the U.S. New Orleans has a chronically underfunded public defender's office. Normand's own police force has been criticized for jailing school kids — and black kids in particular — at the highest rate in the state. And black people, and black men and boys in particular, are over-represented across the criminal system. Normand might not like it, but optics matter. He might not like it, but onus isn't on the people to trust police, it's on police to earn that trust. And the critics aren't going anywhere.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter ... But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation.

ics of his investigation and of the elected officials who supported his police force. "Shame on you!" he said. He quoted at length, and without censoring, the vulgar, racist and anti-gay comments directed at those officials (MSNBC had to drop its live coverage). He said black men should be more afraid of

it only half right. Uproar over police actions across this country is also about all the cases that came before.

"This isn't about race. Not a single witness has said, up to this day, that there was one racial slur uttered during the course of these events," Normand said, ignoring complete-



The Sacre Coeur Basilica and the Paris skyline seen through a haze of pollution. AFP/GETTY IMAGES

Paris grappling with winter pollution



Andrew Fifield
Metro | Toronto

Parisians are currently enduring the worst winter air pollution to hit the city in at least a decade, and authorities are cracking down on cars to tame it.

Public transit has been free for everyone since Tuesday and only vehicles with odd-numbered plates are allowed to enter the city's core. On Tuesday, it was drivers with even-numbered plates who got to take their turn.

Of course, not everybody took up the offer of a free ride

to work. Nor would they be told they couldn't drive their vehicle downtown. More than 1,700 drivers were fined for violating rules intended to ensure their neighbours might have a chance to breathe some clean air sometime in the near future.

Like many measures of environmental quality, air pollution has been a hot topic in 2016.

London Mayor Sadiq Khan declared his city's first air pollution alert last week. Beijing's notorious pollution has triggered repeated warnings, and Delhi closed schools, halted construction and restricted traffic in response to a pollution emergency.

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WASHINGTON

Bad intel, says pizza gunman

The man accused of firing an assault rifle inside a Washington restaurant said he regrets how he handled the situation but refused to completely dismiss the false online claims involving a child sex ring that brought him there.

"I just wanted to do some good and went about it the wrong way," Edgar Maddison Welch, who's been jailed since his Sunday arrest, told the New York Times in a Wednesday video conference.

Welch, 28, told the newspaper he started driving to Washington from his Salisbury,



Edgar Welch surrenders to police Sunday. THE ASSOCIATED PRESS

N.C., home intending only to give the Comet Ping Pong pizza restaurant a "closer look." But

while on the way, he said he felt his "heart breaking over the thought of innocent people suffering."

Welch would not say why he brought an AR-15 into the pizza shop and fired it, the newspaper reported.

Asked what he thought when he found there were no children in the restaurant, Welch said: "The intel on this wasn't 100 per cent." But he would not completely dismiss the online claims while talking to the newspaper, conceding only that there were no children "inside that dwelling."

THE ASSOCIATED PRESS

World bids John Glenn Godspeed



John Glenn GETTY IMAGES

John Glenn was the ultimate all-American hero.

He was the first American to orbit the Earth, a war-hero fighter pilot, a record-setting test pilot, a longtime senator, a presidential candidate and a man who defied age and gravity to go back into space at 77. What made Glenn was more his persona: He was a combat veteran with boy-next-door looks, a strong marriage and nerves of steel. Schools were named after him. His life story of striving hard,

succeeding, suffering setbacks and high-flying redemption was as American as it gets. His life lived up to the famous sendoff that fellow astronaut Scott Carpenter gave to him that February 1962 day, just before he became the first American to circle Earth in space: "Godspeed, John Glenn."

John Herschel Glenn Jr. died Thursday at the James Cancer Hospital in Columbus. He was 95.

THE ASSOCIATED PRESS



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Banks risk disruption

BANKING

Tech startups offer easier, cheaper ways to borrow, invest

It may not be much longer before bank branches join video-rental stores and record shops as relics of a bygone era.

Silicon Valley is pressuring banks to change their ways or risk becoming the latest industry overtaken by technology. Hundreds of financial technology, or "fintech," startups are offering easier and cheaper ways to save, borrow, spend and invest. They are doing it by shifting the battleground to smartphone apps and websites, which function as digital offices that are accessible around the clock with minimal staffing, and by lowering fees.

At this point, the fintech sector hasn't proven it can be a viable or trustworthy alternative to traditional banks and stock brokerages. Few of the startups have ever posted a profit, and one of the biggest, the Lending Club, is trying to recover from a breakdown that triggered the resignation of CEO Renaud Laplanche earlier this year.

Banks appear to be tackling the fintech threat by closing branches, laying off workers, pouring money into their own technology departments and even buying or teaming up with fintech startups.

TAKING THREAT SERIOUSLY

A survey of the financial services industry by the research



Vlad Tenev and Baiju Bhatt are co-founders of Robinhood, a stock brokerage that does not charge commissions for its customers to buy and sell shares. THE ASSOCIATED PRESS

firm Gartner Inc. found that 70 per cent of respondents considered fintech startups to be a bigger threat than their traditional rivals. With their guard up, the much bigger banks are more likely to drive many of the fintech startups out of business if they don't acquire them first, says Gartner analyst Rajesh Kandaswamy.

BIG, BOLD APPROACH

Robinhood, a stock brokerage, does not charge any commissions for its more than 1 million customers to buy and sell shares. To make money, it recently introduced a \$10 monthly service that allows trading when the stock market is closed and offers higher borrowing limits.

At Affirm, an online lender, CEO Max Levchin — a co-found-

er of PayPal — has raised \$525 million to back Affirm's focus on consumers who do not like or cannot get credit cards. Affirm has developed its own formula to identify borrowers able to repay loans in equal installments in time frames ranging from three months to one year. Affirm also refuses to charge fees for late payments.

CUSTOMERS NOT SOLD

Although many consumers rarely expect big banks to act in their best interests, they typically consider them to be a safer place to keep money because of their long histories in business. Like the big traditional banks, most digital-only banks also offer government-backed insurance on deposits, but that is not enough to overcome lingering doubts about

their long-term prospects.

Lending Club, for instance, has been operating under a cloud since revealing that paperwork for \$3 million in loans had been falsified under Laplanche's leadership.

INVESTORS SKEPTICAL

Most fintechs are still mining venture capitalists and other financiers as they try to gain a foothold. Even some of those investors believe fintechs may be underestimating the degree of difficulty facing them.

A YOUNG MARKET

Fintech's target market so far has been the millennial generation, the 18- to 34-year-olds who typically have a deeper attachment to their smartphones than any bank.

THE ASSOCIATED PRESS

TRENDS

'Greenery' picked as colour of year

Amid social, political and environmental tumult around the world, the Pantone Color Institute on Thursday plucked fresh and zesty "greenery" as the colour of the year for 2017.

The vibrant green with yellow undertones is an answer, of sorts, to bruising 2016, signalling a yearning to rejuvenate, and to reconnect to both nature and something larger than oneself, said Laurie Pressman, the institute's vice-president.

The team at Pantone, based in Carlstadt, New Jersey, scouts trends through the year in media, on runways and at trade shows around the world.

The colour "greenery" is in contrast to the soft, calm-inducing dual choices of "rose quartz" and "serenity" blue as the colours of the year for 2016.

In addition to the emerging recycle-and-share economies, we have green rooftops, green spaces and indoor vertical farming. In home decor, there's a

trend to connect with the elements outside through open spaces and vast windows, Pressman said.

On the industrial side, both Skoda and Mercedes showed bright green cars for 2017. For the kitchen, Pantone spotted its shade in appliances, including a Keurig coffeemaker, and in cookware.

And in fashion, menswear designers have played into the idea of gender fluidity through

prints and accessories of bright greens, along with the creators of womenswear and beauty products, ranging from the couture of Oscar de la Renta in a leaf-embellished gown to bright green shades for eyes, nails and lips.

Katy Perry, Kylie Jenner and Lena Dunham have all taken turns dying their hair bright green. Last year, a cologne from the Diana Vreeland brand came in green and was dubbed "Bold."

THE ASSOCIATED PRESS

MINING

SNC-Lavalin eliminating 405 more jobs in Canada

Engineering giant SNC-Lavalin is cutting another 405 jobs in Canada, citing weakness in the mining sector and ongoing efforts to boost its profit margin. The company will eliminate 186 positions in Montreal,

195 in Ontario and 24 in Saskatoon, and will close its office in Sudbury, Ont. This year, the company cut 950 jobs around the world, including 600 in Canada. That followed the elimination of 4,000 positions in 2014.

THE CANADIAN PRESS

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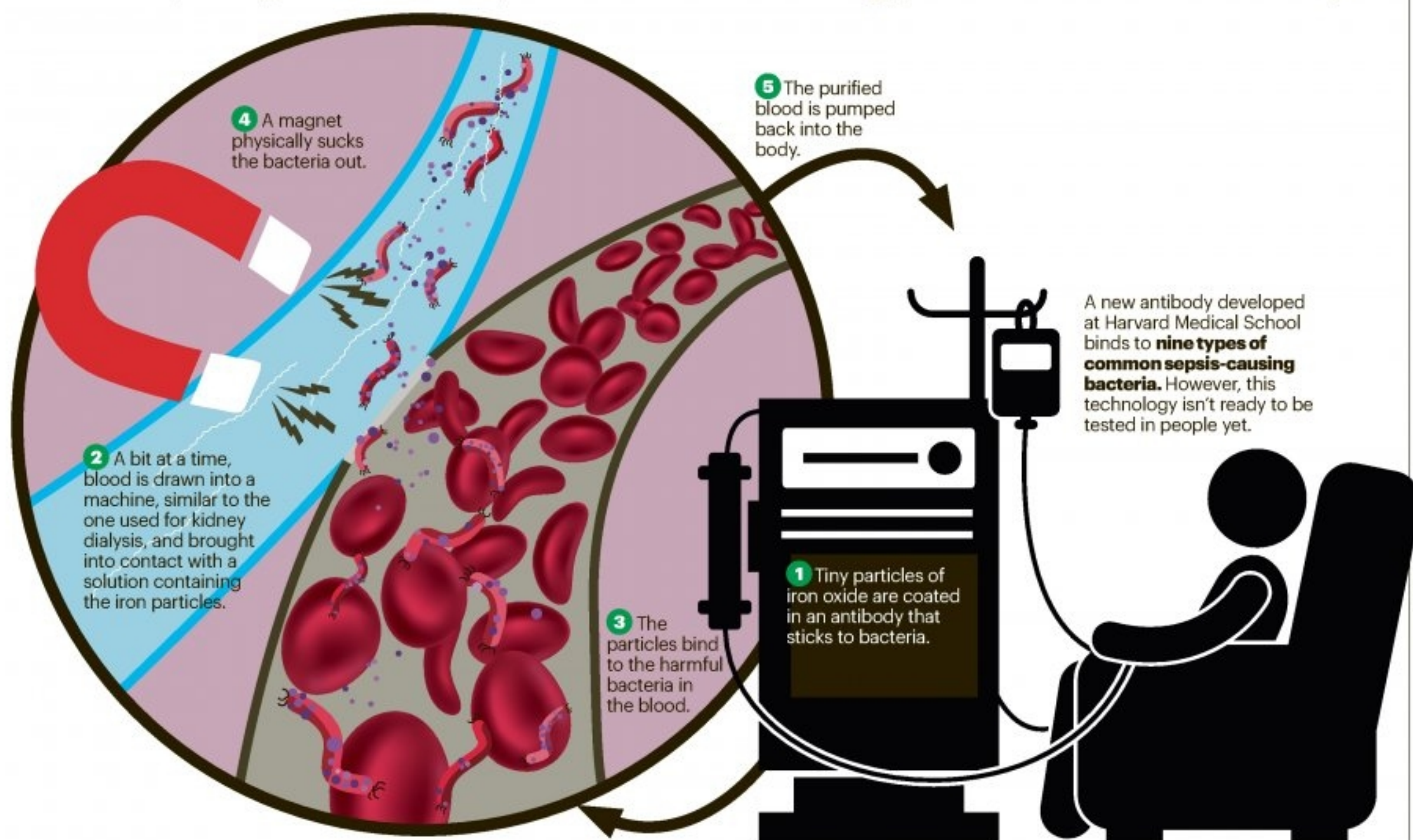


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DECODED by Genna Buck and Andrés Plana

AN ATTRACTIVE FUTURE TREATMENT

Emergency rooms see it every day: Someone with a very high or very low temperature and confusion. They're gasping for breath and going downhill fast. It's **sepsis**, when the immune system launches an all-out attack on an infection, but also damages healthy organs, leading to death in a third of patients. There's often no time to determine exactly which germ is responsible. Treatment is a truckload of antibiotics, life support and lot of hope. **Thanks to nanotechnology, there could soon be a better way.**



FINDINGS Your week in science



BEIVUSHTANG/WIKIMEDIA COMMONS

PRECOCIOUS POLLUTERS

Carbon dating of 7,000-year-old silt from the Jordan River has shown that Neolithic humans were polluting the water with copper back when they first learned to smelt.

D-N-Awful

Swedish scientists have discovered that a single gene mutation, which causes us to make more omega-3 and 6 fats, is linked to metabolic disease, rheumatism, bowel disease and several cancers. Before we started eating so many calories and so much fat, this may have been helpful.

SOUND SMART



DEFINITION
Sequelae (singular: **sequela**) is the medical term for a condition or disease that happens as a consequence of a past one.

USE IT IN A SENTENCE

Deborah's smoking habit, even though she only smokes an average of one cigarette a day, puts her at a nine times greater risk of dying from lung cancer than a non smoker. Lung cancer is a known **sequelae** of nicotine addiction.

CITIZEN SCIENTIST by Genna Buck

Why pseudoscience thrives on uncertainty

What are muscle knots? I have a nasty one in my neck. Depending on what you Google, they range from being filled with toxins to being fabrications of massage therapists' imagination. - Heather

Oh man, Heather. That was quite a Google pit you fell into. And now I'm down here with you. So let's find our way out!

First of all, though common, muscle knots are poorly understood. It's not even certain that they're one discrete thing, with a specific cause and progression.

Instead, they're defined by a set of symptoms. A knot is a tender area that may feel like a knob of hard tissue deep within a muscle. Putting pressure on it usually causes painful twitching and additional pain in a distant muscle. (Press the knot in your calf, and your foot seizes up).

One major theory says muscle knots are **myofascial trigger points**: bits of hypersensitive connective tissue that cause muscle to tense up painfully. A few imaging studies have found increased stiffness in areas where

patients say they have knots.

But recent research suggests the trigger point theory doesn't hold up. The diagnostic criteria are vague and variable. Plus, none of the treatments based on it seem to work better than a placebo: not the usual stuff, like injecting Botox or anaesthetic into the sore spot, and not unproven, New-Agey therapies like acupuncture or dry needling, either.

Some knots could be due to scar tissue from a tear or strain. Nerve swelling may be to blame. But there are no clear answers.

And when there's no clear cause or reliable treatment for a painful condition that affects many people, quacks and charlatans get visions of dollar signs dancing in their heads. Just look at the cottage industry of expensive supplements and dubious diets for irritable bowel syndrome.

The cure for this phenomenon is more research. I can personally assure you muscle knots are real. I just can't tell you what they are.

Science Question?
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Natalie Portman has gained the attention of critics for her portrayal of the iconic wife of President John F. Kennedy in *Jackie*. CONTRIBUTED

Capturing the essence of Jackie

ICON

Portman astounding in role as former First Lady

Steve Gow
For Metro Canada



Natalie Portman is certainly a favourite for an Oscar nomination with her latest performance — as Jackie Kennedy.

After all, the 35-year-old thespian has been winning accolades from the toughest

critics for her astounding portrayal of the endearing former First Lady in the eponymous new biopic, *Jackie*.

"It was the first time that I'd played a character that people know so well; they know exactly what she sounded like and how she moved," recalled Portman during a recent interview about the scrutiny of interpreting the iconic wife of President John F. Kennedy. "You could literally put the images side by side and play them at the same time and see how close I am — you can judge it that closely."

It's no surprise that the role has been viewed under a microscope either. For more than 50

years, the late-icon has been one of America's most admired women. But even as ubiquitous and well-known as Jackie may



It was the first time that I'd played a character that people know so well.

Natalia Portman

be, Portman admits her education was comprised of "a pretty superficial perception" until she began researching some

20 books in preparation.

"The fact that she coined Camelot was a surprise to me," said Portman of the favourable nickname graced upon the Kennedy presidency. "I always thought that was the press that had come up with that, but I hadn't realized she had named it herself."

Directed by acclaimed foreign director Pablo Larraín (No, Neruda), *Jackie* is much more than just focused on the superficialities of Jackie's quips or legacy as a fashion icon, however.

Instead, the Chilean auteur aimed to craft a distinctive character study of a conflicted First Lady in the wake of her

husband's 1963 assassination — a national tragedy and a mourning she shared with the public. It was this challenge that Portman found "definitely daunting but also nice to do something that you're totally scared of."

"Pablo is an incredible talent and I think he made something really special and unique," added Portman, who truly appreciates the skills of an adept director. "I feel like a lot of directors have their way of what they think they should be saying to actors and it really doesn't work the same for everyone. It's a very specific talent to be able to understand and intuit what an actor needs."

MOVIES

Glimpse into private life

The film explores the nuances of Jackie Kennedy's public and private sides in the immediate aftermath of the assassination of her husband as she plans the funeral, comforts her children and tends to her husband's legacy.

It's what compelled screenwriter Noah Oppenheim to make her the subject of his first script.

"I didn't feel like she had ever gotten enough credit for understanding intuitively the power of television, the power of imagery and iconography and her role in defining how we remember her husband's presidency," he said. THE ASSOCIATED PRESS



All Christmas music 'til Dec. 25th

Hilarious distraction from the mundane

INTERVIEW

A message to North America to take a break these holidays

Richard Crouse
For Metro Canada



In *Office Christmas Party* T.J. Miller plays Clay, a scattered office manager with a "mind like a drunk baby." In a last ditch effort to save his branch from closure he tries to woo a lucrative client by throwing a no-holds-barred Christmas party.

"This is the way we close Walter," says Clay. "We throw the best Christmas party he's ever seen. We could save everybody's jobs."

Miller leads an ensemble cast featuring heavy-hitters like Jason Bateman, Olivia Munn, Kate McKinnon and Jennifer Aniston but he doesn't want to talk about that. Not right away, anyway.

Instead he begins the interview with, "Let's talk comedy in a time of tragedy."

OK, lets.

"Basically I have a political obstacle to my social mission statement," he says.

"The social statement was, tragedy permeates our everyday lives, people are lonely, they're scared, they have death anxiety, they don't know how to attribute meaning to their own existence, so through comedy we can provide an opiate or distraction that permeates our everyday lives. Through satire we can hopefully frame the world in a way that people can laugh at."

"Also I aim to help people, through my stand up, to release the death anxiety. I aim to help people not take themselves so seriously."

When Miller, who also currently plays Erlich Bachman on *Silicon Valley*, finally gets around



From left: Courtney B. Vance and T.J. Miller in *Office Christmas Party*. Miller plays Clay, an office manager who, in a last ditch effort to save his branch from closure, throws an epic office party in an attempt to woo a potential client. CONTRIBUTED

to talking about *Office Christmas Party*, he's still on message.

"It's very easy to promote a comedy during the apocalypse," he says.

The Christmas film, which features a greedy pimp, a sexually repressed head of HR and an office load of drunk, disgruntled employees, is a mix and match of sentimentality and debauchery that Miller thinks is perfect for the season.

"What better way to spend the holidays?" he asks. "First

of all you don't have to talk to your family for an hour-and-a-half during the holidays. That's a bonus. If the movie is funny, you talk about how funny it was for half-an-hour. How dynamic Jennifer Aniston, Jason Bateman and Courtney B. Vance are. How strange I look in a Santa suit for that long. That my facial hair is still abrasive and arresting. That's two-and-a-half to three hours towards a stress free holiday. That's what we're pitching you."

"It's a funny movie. It's a

laugh a minute. Well, it's a laugh every minute-and-a-half to two minutes. We wanted to give you a break. It's exhausting to laugh every minute."

Miller, who once worked as a legal secretary in the same Chicago office building seen in the film, says the movie is silly and fun but shares his core comedy philosophy.

"Workplace environments have become so sterile and corporations have become so much about profit and not the people

they work with that we've lost the fun of work. We don't have cool office Christmas parties anymore. We are saying, 'You spend so much time with the people you work with, why not have a night or two a year where you can kind of just relax? Take a night off from worrying about offending someone or giving 'tude.'

"That is our message to North America. Take the holidays, drink way too much eggnog, laugh, relax and know that we've got a lot of work to do in 2017."



Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with.

T.J. Miller

THE GREAT WALL

It's not whitewashing: Damon

Matt Damon criticized "outrageous" stories in the era of fake news as he responded Tuesday to accusations that his role in the new China-Hollywood co-production *The Great Wall* should have gone to an Asian actor.

Some critics have said Damon's casting as the lead character amounted to "whitewashing," in which Caucasians are chosen for roles that actors of other ethnicities should play.

In an interview with *The Associated Press*, the American actor said he thinks of the term "whitewashing" as applying

to Caucasian actors putting on makeup to appear to be of another race, as was common in the early days of film and television, when racism was overt.

"That whole idea of whitewashing, I take that very seriously," Damon said, using the example of the Irish-American actor Chuck Connors, who played the lead character in the 1962 film *Geronimo*, about the famed Apache chief.

Damon, 46, plays an English mercenary in the upcoming \$150 million adventure fantasy about a Chinese army battling monsters, helmed by acclaimed

Chinese director Zhang Yimou.

The movie's trailer sparked criticism in the U.S. that a white man had been chosen to play the lead in a film set in China meant to showcase Chinese culture. The furor came amid other accusations of a lack of diversity and opportunities for Asian actors in Hollywood.

Damon questioned whether the critical stories on online news sites based on "a 30-second teaser trailer" would have existed before the era of fake news and headlines designed to make people click on them.

THE ASSOCIATED PRESS

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Patel no longer your 'quirky best friend'

ACTING

Slumdog idol throws himself into role fully

Dev Patel knows how special a film like *Lion* is.

He's been waiting nearly eight years, since his breakout in *Slumdog Millionaire*, for a role as substantive and soulful as Saroo Brierley, an Indian man who was lost as a five-year-old, adopted and raised by Australian parents, and who, 25 years later, used Google Earth to retrace his steps to his hometown and his birthmother, not knowing the name of either.

"I read an article about it somewhere, I'm not quite sure where, and I was completely mesmerized," Patel said.

It's why the 26-year-old pursued the part so aggressively, showing up at screenwriter Luke Davies's doorstep before the script was even finished, and, after winning the part, taking a full eight months to prepare.

Not only did the rail-thin Patel bulk up to play the sporty Saroo, grow his hair out, and learn a difficult Australian ac-

cent, but he also fully immersed himself into the emotional and spiritual reality of the man.

Brierley and Patel had to go much deeper than that, though.

This is not a simple boy-goes-home story. Brierley's traumatic separation from his home and his mother and struggle to survive on his own is contrasted by his then-comfortable upbringing in Australia with supportive and loving adoptive parents.

His past is something that he represses for years, until it becomes a ghost so undeniable that he must do everything he can to find his mother.

It's one of those stranger-than-fiction stories that begs for cinematic treatment.

"I can't say that the majority or even half the movie is sensationalized. It really isn't. It actually happened in real life," Brierley said.

On set, director Garth Davis pushed Patel deeper into Brierley's pain.

He had Patel watch the actor playing the five-year-old Brierley (newcomer Sunny Pawar) so that there were specific memories to draw on.

He threw him into big scenes right off the bat (they shot the very last scene first), and he



While on the awards trail, Patel said he's taking the opportunity to talk to and learn from his fellow actors on the same path. "The first time around (for *Slumdog Millionaire*), I was so beautifully naive about it," he laughed. CONTRIBUTED

made him do "hippie" mental exercises like staring into a mirror for a half hour before coming to set one day.

"The first two minutes were excruciating, because when you do that, you're usually brushing your teeth or popping a pimple or something and then the next 20 minutes all of a

sudden I got sucked into this sort of trance-like state and I couldn't recognize the person staring back at me," Patel said.

"I looked like my father, I looked like my mother. And I went to set visibly shaken. I was like 'Garth, I feel like a fool, like I don't know who I am. I think that the task went hor-

ribly wrong.' He looked at me and said, 'that's exactly what you should feel. Your body is just a shell but your soul is ever-changing. I was like 'whoa.'"

It was all in service of capturing the essence of Brierley, who Patel knows he doesn't look like.

For Patel, the stories repre-

sent completely different journeys — Brierley is a modern Australian man who remembers little of his Indian identity.

Patel is already fully on the awards trail for *Lion*. He's done this before, but now has a bit of experience under his belt and is no longer that wide-eyed 18-year-old.

He said he's taking advantage of the opportunity to talk to and learn from his fellow actors on the same path.

"The first time around I was so beautifully naive about it. I look at Sunny and I can relate to it. He met Bill Clinton the other day and I don't quite think it dawned on him who the man was he was meeting," Patel said, laughing.

Ultimately, Patel is just grateful that he was able to stretch beyond "your usual quirky best friend character role or like tech extraordinaire."

"Stories like this, they're so few and far between especially for a British Indian guy like myself," he said. "I think everyone faces a stereotype ... I don't want to make it about that. It's just my thought process of throwing absolutely everything at this role. I knew how precious it was." THE ASSOCIATED PRESS

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Being a female politician

THRILLER

Miss Sloane finds strong woman caught up in danger

Steve Gow
For Metro Canada



John Madden isn't afraid to admit it: He really admires women.

And it shows in the veteran filmmaker's oeuvre. From the Oscar-nominated Queen Victoria-biopic Mrs. Brown to the Oscar-winning hit Shakespeare in Love, he has crafted a career by considering the complexity of women.

"Almost every film I make ends up being about an empowered woman in a different way," stated Madden recently while promoting his latest thriller Miss Sloane.

"I mean, they are a superior race in my view. Precisely because the balance of emotion, intellect and drive is a balance that all men ought to aspire to

and most can't or don't."

Certainly Madden's latest character, the titular Miss Sloane, comprises those commendable qualities, even if they are tested.

When the story's cutthroat lobbyist faces off against Washington's most ferocious power-brokers to take up arms against the gun lobby, she must pay the cost of being a woman of high authority in the political world.

"This piece is not trying to put forward feminist ideas, but nevertheless it's absolutely about female empowerment and all of the key characters moving forward are women," said Madden of the labyrinthine drama.

"The idea that she weaponizes herself and purges herself of everything that makes her an incredibly effective political performer, and in the process connects with something she actually believes in, was quite an interesting story."

The thriller's empowerment theme wouldn't succeed without star Jessica Chastain either, who not only delivers a "virtuoso performance," but embraced the chance to tackle issues that are essential to her



Jessica Chastain embraced her role in Miss Sloane because the issues of gender politics are very much a part of her experience as an actress. CONTRIBUTED

art. "She seeks out roles that are very much defined by gender issues because she's very engaged in that world and I think she was fascinated by it politically," said Madden, who cast Chastain immediately after reading the script.

Having worked with her previously in the 2010 thriller The Debt, Madden realized only an actor as viscerally talented as

Chastain could seize the soul of Miss Sloane.

"It has nothing to do with observable technique," said Madden of Chastain's incredible skill for such an intricate, tangled character.

"She has a way of actually deploying her intelligence and emotional intelligence in a way that simply emerges as behaviour."

“She seeks out roles that are very much defined by gender issues because she’s very engaged in that world.”

John Madden on Jessica Chastain

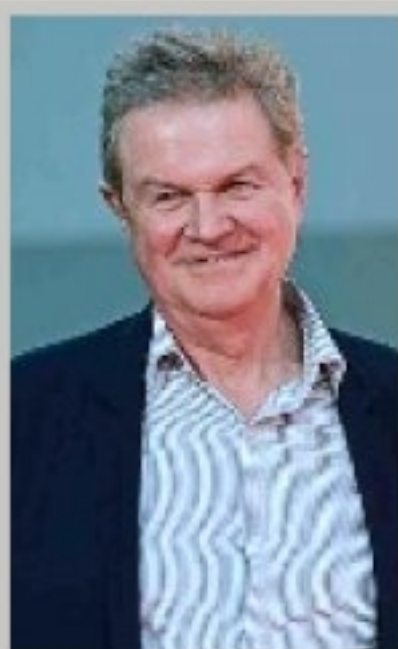
MOVIES

Art imitates life, and the presidential campaign

Filed amidst the heated U.S. election, Miss Sloane took on new context in light of the gender politics that arose during the campaign.

"The film works in that way and I think that's a potentially very satisfying experience," said Madden.

"Gender politics and the political process itself became the obliterating issues of the presidential race, both of which are installed right at the centre of our film."



SO VERY '70S

Sensitive, culturally relevant topics have always had a tough time crossing over to the mainstream. In the 1960s and '70s, filmmakers driven by social change found new and inventive ways to open the conversation on a wide range of difficult-to-tackle subjects and made great films in the process. Here are five tough topics tackled by some iconic films:



CONTRIBUTED BY HOLLYWOOD SUITE

Midlife Crisis: A concept that surprisingly only became prominent in the mid-'60s, the cultural discussion about the concept of a midlife crisis took off after Blake Edward's hilarious 1979 comedy 10, which follows a hapless Dudley Moore going to ridiculous lengths to solve his.

The Vietnam War: Before 1978's Coming Home and especially 1979's Apocalypse Now, most films portrayed the Vietnam War in a positive light. Once these films were released, though, it was harder for the public at large to ignore how different Vietnam had been, the horrors individuals had survived in the conflict and the veterans who were slipping through the cracks.

Open Relationships: Though the summer of '69 was all about free love for hippies, Bob & Carol & Ted & Alice explored the practice of New Age thinking among more "square" couples. Despite the film's hesitance to praise these practices, it went on to open the conversation about New Age therapies and alternative relationships in popular culture.

Going "Out West": Work was hard to find in the Maritimes in the '60s and '70s, and many folks headed west only to find more unemployment, but without the comforts of home. Donald Shebib's Goin' Down The Road follows the journey of two men on just such a hopeless quest, and connected audiences across Canada to the struggles of their fellow countrymen.

Home Computers: The late '70s brought computers into homes for the first time, but many families were unsettled by what the true costs of this kind of technology might be. It's no wonder 1977's Demon Seed sees the introduction of computing and automation as something that destroys the sanctity of the traditional home in terrifying ways.

Rediscover the films that reflected changing times. The Hollywood Suite Free Preview is on now until Jan. 5. Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch Apocalypse Now, Goin' Down the Road, Bob & Carol & Ted & Alice, Demon Seed and 10 this month on the Hollywood Suite '70s Movies channel. Learn more at hollywood-suite.ca/freepreview.

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San Fran is a food paradise



GASTRONOMY

Kitchens kick quality up several tasty notches

Renée S. Suen

For Torstar News Service

"Restaurants should be about how you can provide greater pleasure to people," says Joshua Skenes when asked about the uninhibitedly luxurious 18-course Discovery menu at his three Michelin-starred restaurant, Saison.

A master of live-fire and smoke, Skenes' cooking is refined, yet restrained. Pristine ingredients are showcased with minimum intervention, like the opening volley of complimentary Krug, buttery-rich, wood-fire baked biscuit (using flour milled on premise) with a mountain of reserve caviar cured in house-smoked salt. The experience is exquisite, rising well above its special occasion contemporaries.

Saison is one of America's best (and most expensive) restaurants, although Skenes doubts it would have flourished outside of San Francisco.

Known for its landmarks and concentration of tech companies, San Francisco boasts envi-



"Cantonese cuisine is about searching for this perfection in the ingredient, treating it simply so that people can taste the quality of the product. That's what I want in my food: a Californian vibe but that Cantonese simplicity," says chef Brandon Jew on his restaurant Mr. Jiu's in North America's first and largest Chinatown. KASSIE BORRESON

able edible options beyond sourdough bread or Ghirardelli chocolates. From Hog Island's sustainable oysters, RoliRoti's naturally raised crackling-studded porchetta sandwich, the super burrito at La Taqueria, to Boulettes Larder's cannelles that bests those from Bourdeaux, it's hard not to eat well here.

Home to Michelin-christened and James Beard award-winning chefs and restaurants, the Bay Area is credited with fuelling food trends, such as Chez Panisse's local-sustainable-organic movement and the maker-culture fetishized \$4 artisanal toast.

Using local ingredients may be ubiquitous in the region, but

some kitchens are exacting new standards in quality.

Aaron London of AL's Place credits an exclusive farmer-restaurant relationship with Blue Dane Garden's Rose Becker for the flavours in his vegetable-dominant menu.

Thanks to the abundance of farmers markets, Bar Agricole's

Melissa Reitz suspects San Franciscans are comfortable accepting the natural ebbs and flows associated with farm-fresh produce because they already eat that way at home.

In a market saturated with restaurants and skyrocketing rents, London cautions that the cooking has excelled out of ne-

cessity to survive: "You take great product, add in New York City pace and competition, and suddenly we have something that's hard to compete with."

Lazy Bear owner David Barzelay, Food & Wine's Best New Chef 2016, concurs. "You need to have something unique and compelling. Getting the best ingredients is a prerequisite, but you have to use it in a way that speaks to who you are as a chef and what the restaurant is."

Frustrated with the perception that Chinese food is cheap and greasy, Brandon Jew, a third generation Chinese-American, opened Mister Jiu's. He aims to define modern San Francisco Chinese food by amalgamating the traditions and customs of his elders with the flavours from his American upbringing and training.

The recreated Chinese pantry incorporates ingredients such as Calabrian salami from an area charcutier instead of Jinhua ham in the XO sauce. Scallion pancakes are made with sourdough, and roasted beet purée replaces red food colouring in the char siu sauce.

"I want to have people celebrate Chinese food again," he says. "It has the same soul but it's symbolic of the terroir here."

Renée S. Suen was hosted by San Francisco Travel and CityPASS, which did not review or approve this story.



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The NHL plans to stick with the name and logo of the Vegas Golden Knights after U.S. patent authorities denied the club's trademark request

Have fight, will travel



Canadian mixed martial artist has honed craft across the globe



Joe Callaghan
Metro | Toronto

Jason Saggo always comes home ... eventually.

The Toronto native has returned to familiar turf this week for his first ever outing in the city where he was born. The UFC lightweight contender has been a professional mixed martial artist for more than seven years now, so this homecoming has taken its time getting here.

Then again, Saggo's friends and family have long since learned not to wait out for him.

The 31-year-old is a full-time fighter. He's also a deep thinker. Most of all, though, he's a natural-born wanderer. The combat sports bug may have bitten hard in his university days but the travel bug dug its teeth in deeper still.

So Saggo has combined the two on his long, winding journey to here, a slot on the UFC's first pay-per-view event in Canada in over a year and with it an opportunity to take his career to the next level.

It's been some trek, though. Saggo has traversed 5,000 kilometres of Thailand by motor-



Jason Saggo, a Charlottetown resident, takes on Rustam Khabilov on Saturday night in Toronto.

EDUARDO LIMA/METRO

bike, backpacked Brazil before floating down the Amazon, trod across India and then got back on the bike to conquer Vietnam. There's been plenty more destinations in between. But all stop-off points had one thing in common — diving deeper into his sport.

"People ask me are you a fighter or are you a martial artist, those have two very different meanings," Saggo told Metro. "The connotations are way apart, people say you're a fighter and assume things. Whereas you say you're a martial artist, which is where I feel I'm coming at

12-2

Saggo's professional MMA record. The five-foot-11 lightweight has won seven of his last eight fights and boasts six first-round finishes.

it, I'm not in there because I enjoy hurting people. I enjoy the challenge of going in there and understanding the depth of the technique.

"It's just with me, I love travel-

ling. It's always been a part who I am. The more I can get to see other places and other cultures, that's what I want to be doing."

His dual passions help feed the body and the mind.

"They do, and you're feeding the soul too, right?" says the psychology and philosophy graduate. "Travelling is food for the soul. All the people I have met through training and martial arts around the world have always been incredible people.

When you're training with guys who literally have your life in their hands, you have to have enormous trust. There's a

bond that has to be there. It's almost like a family."

On Saturday, Saggo faces Rustam Khabilov, the most daunting assignment of his fighting life to date. The Dagestanian carries a 20-3 record into the Air Canada Centre and has already won three times this year.

Saggo, however, is on the brink of racking up a third triumph of his own this year — and in the process fulfilling some goals.

"I wanted to go 3-0 and fight in Vegas. I'm almost there, I went to Vegas and got the win in the first round, no damage. Second fight was a tough fight but I beat him. And now I'm fighting a tough guy. He's upper echelon, so for me to beat a guy of his calibre would be a huge jump in my career."

Charlottetown is where Saggo hangs his hat these days, having moved there with his girlfriend four years ago. The relative seclusion of Prince Edward Island appealed to someone who knew plenty of it having worked as forest firefighter in B.C. and tree planter in northern Ontario.

In unsettled times for Canadian UFC fighters — Georges St-Pierre very much in exile and Rory MacDonald departed — Saggo is eager to fill the void.

"They need someone to step up and represent for Canadian fighters," he said. "This is a huge opportunity, this is why for me to go 3-0 this year would be a huge step. It would put me up there as the top Canadian fighter in the 155-pound division, would be a career high."

The journey continues.

UFC Canuck eager to perform at home

Valerie Letourneau is in a hurry to get back to winning ways — and secure an important legacy.

Canada's leading female fighter returns to the octagon at UFC 206 in Toronto on Saturday on the back of successive defeats. Having kicked off her run in the organization in a blaze of glory, the Montreal veteran, now based in Florida, is hoping her return home coincides with a victory over prospect Viviane Pereira.

"I want to make my people proud. I've always been like that," Letourneau told Metro. "I like to fight here but I'm more nervous when I fight here. At the same time, I love to represent my country."

"

My goal would be to fight for a championship at 125. That would be a great legacy.

Valerie Letourneau

Letourneau missed out on a strawweight championship last year, losing a gripping title fight to Joanna Jedrzejczyk. Her aim is to fight for another belt — but by forcing the UFC to finally open a female featherweight division.

"My only goal is to get back to a championship fight and I'm really hoping that they're going to have a 125-pound division," said the 33-year-old who lost a trial fight at 125 to Joanne Calderwood in June. "This is one thing that hurts from my last fight, we had the chance to open up that division and I put in my worst fight. It's been pushed back a little bit. My goal would be to fight for a championship at 125. That would be a great legacy."

JOE CALLAGHAN/METRO

NFL RG3 back under centre for Browns

RG3's getting his second shot with the Browns.

Robert Griffin III, who hasn't played since injuring his shoulder in the Sept. 11 season opener at Philadelphia, will start Sunday against the Cincinnati Bengals as the winless Browns (0-12) try to avoid becoming the second team in NFL history to go 0-16.

Griffin hasn't played since breaking a bone in his left shoulder in Cleveland's 29-10 loss to the Eagles nearly three months ago.



Robert Griffin III
GETTY IMAGES

spark as I possibly can, have fun and hopefully we can go 4-0." THE ASSOCIATED PRESS

"It's just an opportunity to play in the NFL with a group of guys who don't deserve to be 0-12," Griffin said.

"I just want to come in, give the team as much of a



President calls for vigilance to prevent abuse in soccer

Soccer must be more vigilant in protecting young players as allegations of sexual abuse mount across the British game, FIFA president Gianni Infantino said on Thursday.

Police in London have become the latest force to open an investigation into allegations of abuse at clubs. More than 20 forces are looking into potential crimes by coaches from as far back as the 1970s.

THE ASSOCIATED PRESS

SWIMMING

Oleksiak beats her own 100m record

Olympic star Penny Oleksiak won bronze in the 100-metre freestyle at the world short course swimming championships Thursday in Windsor, Ont.

The 16-year-old from Toronto finished in third in 52.01 seconds, lowering her own Canadian record for the third time at the meet. Oleksiak, who won gold in the event at last summer's Olympics, broke her Canadian record in Wednesday's heats and semifinals.

THE CANADIAN PRESS



Penny Oleksiak
FRANK GUNN/THE CANADIAN PRESS

Jose's past haunting him

MLB

Jays slugger keen on Orioles move but their fans dislike him



Andrew Fifield
Metro | Toronto

There's something about the way Camden Yards is rigged for broadcast audio that lets viewers to listen along to the earful Jose Bautista gets from Baltimore Orioles fans.

This week, the free agent slugger got one from the team's GM. "Jose Bautista's agent has been knocking on the Orioles' door for a while," Dan Duquette said from Maryland, where he is attending Major League Baseball's winter meetings. "I told him, 'Look, our fans don't really like Jose Bautista,'" he added. "It's true, the guy's a villain in Baltimore."

It should come as no surprise to Blue Jays fans that the caus-



Blue Jays' Jose Bautista looks on prior to the American League Wild Card game against the Baltimore Orioles.

TOM SZCZERBOWSKI/GETTY IMAGES

tic outfielder hasn't exactly endeared himself to rival fans.

It should come with no apology either, because it's not just his hyper competitiveness that gets backs up in the bleachers. He's also been smashing home runs off their pitchers for years while giving the players plenty of additional ammo for grudges.

"We have a very spirited rivalry with the Jays, which I think is good. Most of the time it's

healthy," said Duquette. "Once in a while, people's emotions get the best of them and as a team leader (Jose) is the focal point."

The Orioles, who were last seen in October's wild card game that ended with Edwin Encarnacion sending them on vacation with a walk-off dinger, have been fairly quiet this off-season. Last week they claimed outfielder Adam Walker off waivers from Milwaukee. That's a far cry from

division rivals like the Boston Red Sox, who made a huge addition to their starting rotation by trading for Chris Sale. The New York Yankees, loaded with young talent and prospects, also seem set to return to their usual lofty heights.

"The American League East is tough. You've got these two behemoths in the north, and then you've got a whole country a little further north," Duquette said. "We're in the same neighborhood with these people and it's very competitive." But with boo bird favourites like Alex Rodriguez and David Ortiz settling into retirement, only Bautista remains from the most recent crop of AL East stars that stirred up the passions in Camden.

"It's a pretty wide number of fans that don't like this guy," Duquette said. That probably means Bautista can rule out Texas, too. Encarnacion, a fellow free agent, is also looking for a new contract but the market for one of baseball's premier power hitters is not as robust as many thought it would be.

MLB

Yanks sign Chapman for record reliever fee

Boston's Dave Dombrowski walked up to Brian Cashman outside the room where the winter meeting draft was about to start Thursday and gave the Yankees general manager a slap on the back.

"You're so kind to stop by and say hello to us little guys," the New York general manager teased. Boston made the splashiest moves at the winter meetings, acquiring ace Chris Sale from the Chicago White Sox and setup man Tyler Thornburg from Milwaukee while reaching an agreement with free-agent first baseman Mitch Moreland.

Cashman kept positioning the Yankees for a time where New York once again will chase the biggest stars.

He got back Aroldis Chapman by agreeing to an \$86-million, five-year contract that gives New York two hard-throwing, late-inning relievers to close out games. It's a record fee for a reliever in the MLB.



Aroldis Chapman. GETTY IMAGES

and also added Matt Holliday with a \$13-million, one-year agreement while not forfeiting New York's top draft pick next June, No. 16 overall.

"We're still securing talent in the present and making sure we have what we want for the future," Cashman said, "as we straddle that line of trying to be as good as we can be in '17 and hopefully even better than that in '18 going forward."

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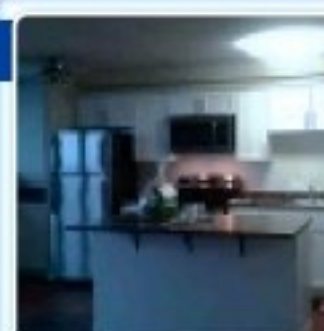
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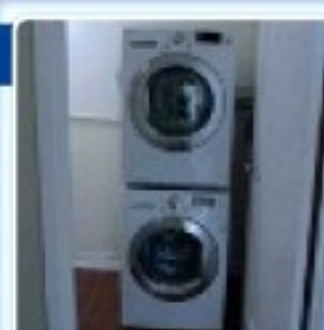
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AUCTION

AUCTION

In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S.

The auction will take place on **Thursday, December 15, 2016** starting at 10:30 am at 3490 Prescott St., Halifax & at subsequent sales until sold. The personal effects & belongings of the following tenants will be sold:

Cornell Mitchell Unit A2272D
Mica Murray Unit A2308
Cheryl Fralick Unit A2103

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MAKE IT TONIGHT

Zesty Lemon Orzo Soup



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada



This zingy recipe yields a lot of soup, which is good news since it tastes even better the next day.

Ready in 30 minutes

Prep time: 5
Cook time: 25
Serves 6

Ingredients

- 8 cups low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

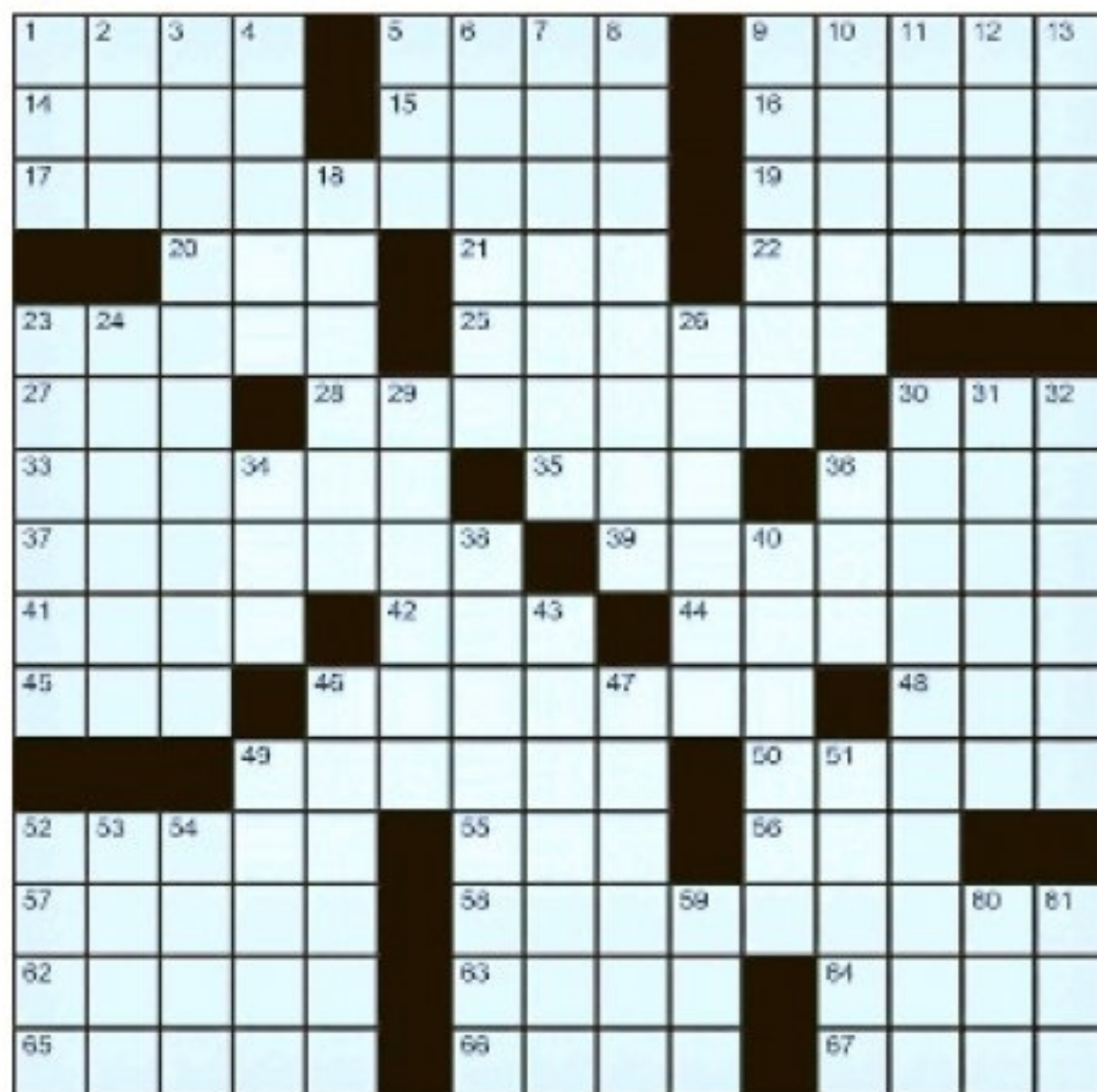
Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.
2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.
4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Davy Crockett portrayer Mr. Parker
5. Fashion
9. 'Speak' like Shakespeare
14. Italian harp
15. Singleton
16. ___ album
17. Flexibility
19. James Bond portrayer Mr. Moore
20. "___ thousand times"
21. US lawyers' org.
22. A-List
23. Exasperated expletives!
25. "Pretty good!": 2 wds.
27. Ms. Gardner who was married to Frank Sinatra
28. ___ salt
30. "Come again?"
33. Empty-___ (Parent whose kids have flown the coop)
35. Theological sch.
36. Window piece
37. Debit card service in Canada
39. Island of Indonesia
41. Put a lawyer to work
42. Bathroom water source
44. Many call it football
45. Feminine pronoun
46. Obtained, as consumer goods
48. Fedora, for one
49. CBC's "Rick ___ Report"
50. Canadian painter Ms. Carr

52. Prank
55. ___ or Ardor: A Family Chronicle (1969 Vladimir Nabokov novel)
56. "Shiny Happy People" r.o.c.k.e.r.s.
57. Was inclined, like Pisa the Tower
58. "Today" on NBC co-anchor Ms. Guthrie,

- and namesakes
62. Venetian traveler Mr. Polo
63. Salt Lake City's state
64. High-fiving sound
65. Ranch animal
66. Filming venues
67. Greyish

DOWN

1. Flight watchdog org.
2. Energy unit
3. Toronto-based toymaker of the flying-off-the-shelves toys at #30-Down: 2 wds.
4. Beauty parlor
5. Pre-Tue. day

6. "___ Only" by Adele
7. Coureurs ___ (Canoe-travelling fur traders of the woods in New France)
8. Substitutes
9. Banquet
10. Get ___ of (Contact)

11. Boo Boo's cartoon pal
12. Leave in, in proofreading
13. Ripped
18. 1963 hit for The Essex: "___ Said Than Done"
23. Particular pastry
24. Toronto thoroughfare, ___ Road
26. Confuse
29. Public speaker
30. The must-have toys of Christmas 2016
31. Fanciful
32. Robust
34. Mr. Danson of "Cheers"
36. BC's li'l ocean
38. Mountain chain in Eurasia
40. "___ Family" (ABC comedy)
43. Antecedent
46. Sphere
47. Dapper piece of neckwear
49. Festive fare, ___ pies
51. Smart people's gr.
52. Donations
53. Shipshape
54. Weight allowance
59. Sneeze-starting sounds...
60. "Very funny," agent
61. Undercover agent

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the perfect day to make travel plans, because you are excited and enthusiastic. Don't hesitate to explore opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
This is an excellent day for discussions about shared property, inheritances and how to deal with taxes and debt. You might end up laughing all the way to the bank.

Gemini May 22 - June 21
Relations with partners and close friends are friendly and upbeat today. This is a wonderful day to enjoy the company of others. Get out and schmooze!

Cancer June 22 - July 23
You want to do your very best on the job today because you are positive-minded and happy about your work. Work-related travel also is likely.

Leo July 24 - Aug. 23
This is a great day to meet others for a fun, social occasion. Enjoy the arts, sports events, playful activities with children and romantic liaisons.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a particularly good day to discuss real estate negotiations or how to share or divide something with a family member.

Libra Sept. 24 - Oct. 23
Writers and salespeople will be successful today, because it's easy for Librans to be positive-minded. And we all know about the power of positive thinking!

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. Look for ways to expand your earnings. You also might see ways to make money on the side or even get a better job.

Sagittarius Nov. 23 - Dec. 21
You're happy today. That's because your ruler, Jupiter, is dancing beautifully with the Sun in your sign. Yes, it doesn't get much better than this!

Capricorn Dec. 22 - Jan. 20
It's easy to feel content in life today because you are quietly happy. You feel confident; furthermore, you feel positive about your future. (And you should.)

Aquarius Jan. 21 - Feb. 19
This is a popular day for Aquarians! Enjoy hanging out with friends. You also will enjoy all of your exchanges with people in groups, clubs, classes and associations.

Pisces Feb. 20 - March 20
Because you make a fabulous impression on others today, go after what you want. Now is the day to put forth your agenda with bosses and parents.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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2017 SANTA FE SPORT 2.4L FWD

Ultimate model shown ♦

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